

Border Eagle

Laughlin Air Force Base, Texas ... Together we 'XL'



Vol. 49, No. 5

www.laughlin.af.mil

Feb. 9, 2001

the inside Scoop

Why we serve:

The 47th Aeromedical Dental Squadron commander remembers Desert Storm and why he chose to continue serving in the Air Force...

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From the heart:

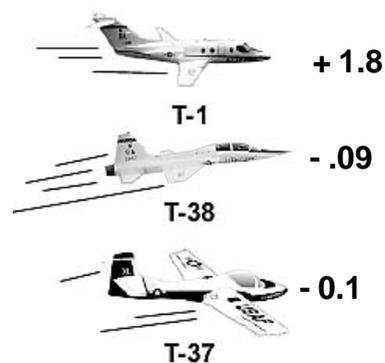
A local basketball coach helps players learn the game he has played for more than 30 years...

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Mission status

(As of Feb. 6)

Days ahead(+) or behind(-)



Fiscal Year 2001 statistics

- Sorties flown: 21,959
- Hours flown: 32,818.3
- Pilot wings earned in FY 01: 93
- Wings earned since 1963: 11,801

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Base member recognized as best in AETC

By Airman 1st Class Brad Pettit

Editor

A Laughlin member recently received the Air Education and Training Command Civilian Contractor of the Year Award.

Michelle Bosarge, 47th Contracting Squadron, was selected for the award because of her many contributions to Laughlin and her squadron.

Bosarge was named the number one GS-09 buyer in the entire command and was recognized for administering 23 Simplified Acquisition Base Engineering Requirement projects valued at over \$1.1 million.

In addition, Bosarge oversaw four other major construction projects valued in excess of \$6 million during Fiscal Year 2000. She was also recognized as holding the highest workload in her flight, independently researching applicable regulations to ensure the

See 'Award,' page 6



Photo by Airman 1st Class Brad Pettit

Duty, honor, country

Senior Airman William Root, 47th Operations Support Squadron, pays tribute to the American flag during a flag lowering ceremony at the Enlisted Heritage Center Tuesday. Root is part of the 15-member Airman Leadership School Class 01-1, which graduates Tuesday at Club XL.

Laughlin observes American Heart Month

By Maj. Nina Watson

Health and Wellness Center

February is American Heart Month. This month is considered a month of love. We honor the love of our friends and sweethearts on Valentines Day, the love of our nation's leaders on President's Day and honor our diverse cultures by the observance of Black History Month.

The heart has long been a symbol of love and we recognize the importance of our hearts' health in the observance of American Heart Month.

While our heart may symbolize a source of love, unfortunately, it is a source of death as well. Cardiovascular disease is the leading cause of death in the United States.

It is estimated that over 60 million Americans have one or more types of CVD and 949,619 deaths were attributed to CVD in 1998. That's one of every 2.5 deaths in the U.S. related to CVD, more than 2,600 deaths every day or an average of one death every 33 seconds. In 1998, 36.1 percent of the deaths in Val Verde county resulted from cardiovascular disease. CVD kills more than 2 times as many people as cancer.

■ Cardiovascular disease is the leading cause of death in the United States.

Cardiovascular disease takes many forms. The most common diagnosis is high blood pressure or hypertension. Normal blood pressure is a reading less than 140/90. A person is considered to have high blood pressure if the systolic pressure (the "top"

See 'Heart,' page 6

Commanders' Corner



Gulf War memory reminds me of importance of service

By Lt. Col. David O'Brien
47th Aeromedical Dental Squadron

A recent Border Eagle edition featuring memories of the Gulf War rekindled some of my own thoughts and feelings. It was during that conflict I decided to remain on active duty and continue my Air Force career.

I arrived with my squadron, the 41st Electronic Combat Squadron, Aug. 23, 1990, at Abu Dhabi Air Base, United Arab Emirates. We stepped off our KC-10 at 2 a.m.; though it was almost pitch black outside, the temperature was 102 degrees and humidity close to 100 percent. We ate MREs, relished slightly cooled water, and were relieved when we finally had sleeping tents. There were fears regarding the scud missile and a possible Iraqi advance south of Iraq. I served as one of only two doctors on the base; we were in the midst of a foodborne illness outbreak, seeing over 100 diarrheal patients per day. How could this miserable existence influence my decision to stay in the Air Force?

With the help of my public health and bioenvironmental colleagues and the arrival of an Air Force field kitchen (who-ha services), we finally resolved our food and water issues. As winter approached, the weather cooled down and the wing fully focused on its air missions. During the suc-

ceeding months, our small clinic of eight folks had the rare opportunity to dramatically impact the lives of our fellow airmen. We were not alone. Almost universally, active duty members and contractors put forward their best efforts. Our aircrew and maintenance teams choreographed a performance that always delivered scheduled and unscheduled sorties. Support personnel went the extra mile to order parts, contract services, fix vehicles and explain deployed benefits. Civil Engineering even built a small movie theater for us; GI ingenuity at its best!

When the air war started, the game plan was faithfully executed and was enormously successful. The ground war proceeded quickly. I clearly remember tracking the arrival and departures of our squadron's missions from our flightline clinic.

I was privileged to fly regularly in the Gulf and observe our aircrews flawlessly execute their air tasking orders. Clearly the fruit of aircrew training and top-notch performance, these effective sorties were also the culmination of the hard work and talented efforts of non-fliers back at our deployed base and even squadron remaining back home in CONUS.

So what does all this talk about the Air War

See 'Memory,' page 9

"Together, we can improve the flying mission and the lives of Laughlin active-duty members, civilians, contractors and their families."

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Deadlines, Advertising

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Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be E-mailed to: bradley.pettit@laughlin.af.mil or reginald.woodruff@laughlin.af.mil

What success means to me

By Maj. Janine Weber

Incirlik Air Base, Turkey

I've given a lot of thought recently to the meaning of success. I've looked the word up in the dictionary, looked for pertinent quotes from famous philosophers (sorry, there weren't any good ones), asked my friends and coworkers what success means to them, and also have thought whether I would consider myself "successful."

Most people I asked defined success as achieving goals. They must have been reading the dictionary, because Webster's defines success as "the gaining of something desired, planned or attempted" or "the gaining of fame or prosperity."

Based on my own childhood dreams of being rich and famous, I would hazard a guess that most of us start off thinking fame and prosperity equal success, but later come to realize true success may lie along a completely different path. I've concluded our concept of success changes and matures just as we do over time and, like the goals we seek, have short and long-term components.

So, would I consider myself a success? The answer takes some introspection. As a teenager, I imagined I would go to college, become high-powered in the business world, and easily balance my power career with marriage to a successful, handsome man and be a supermom as well.

As I left the cocoon of my small town where I had been a big shot and entered university life, I quickly realized I was a nobody from nowhere and sinking fast. First of all there was the ROTC scholarship (I ended up being a psychology major) in engineering – not my thing at all, but it was my ticket to college.

Then there was all that military stuff. I

See 'Success,' page 9

Col. Jack Egginton
Commander

Capt. Angela O'Connell
Public affairs officer

Airman 1st Class Brad Pettit
Editor

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"Excellence – not our goal, but our standard."

– 47 FTW motto

Primary Care Optimization changes at Medical Group

By Master Sgt. Sean Hayes
47th Medical Group

The 47th Medical Group is changing the way patients will access their medical records.

Beginning Monday, records will be obtained at the front desk of the clinic where a patient is being treated.

The assigned administrative support staff in the Outpatient Records Section who currently process all requests for medical

records will no longer work there, but will man the Clinic instead to support this change.

This new changes is being made to shift the medical facility into the Primary Care Optimization plan, which allows administrative support to medical providers, while providing one point of contact service for customers.

Requests for records releases

will be available at the front desk for customers to complete. The information will then be available within ten working days.

These changes may potentially affect customers attempting to access their records for outprocessing and temporary duty assignment appointments outside the Military Treatment Facility.

For more information, call 298-6303.

The 47th Medical Group requests that those needing medical records contact the clinic by calling 298-6362 at least 24 hours in advance, so they will be available for pick up. This not only ensures records are available when a person comes in, it also saves the administrative support staff numerous trips to the records room.

Patients returning medical records from outside the MTF can now drop them off at Family Practice, Pediatrics or Flight Medicine front desks.

Scholarship gets major attention

By Bonnie Powell
Defense Commissary Agency

Applications are pouring in at commissaries worldwide in response to the inaugural Scholarships For Military Children program. The program, funded by manufacturers and business partners of the commissary system, offers college-bound or college-enrolled military children the opportunity to apply for \$1,500 scholarships. The application deadline is Thursday.

One scholarship will be awarded per commissary location, dependent on the receipt of qualified applications at the location. The Defense Commissary Agency currently operates 287 commissaries worldwide, meaning that over \$450,000 has been donated to support the scholarships. "The scope of this program makes it one of the largest, if not the largest, scholarship program available exclusively for military children," said Jim Weiskopf of Fisher House Foundation, program administrator of Scholarships for Military Children.

"Fisher House and DeCA have had literally hundreds of e-mails and phone calls from people who are excited about the program and want to

know more."

The scholarships are open to qualified sons and daughters of U.S. military ID card holders to include active duty, retirees and guard/reserves.

Eligibility of applicants, including survivors of deceased members, will be determined using the Department of Defense ID Card Directive, i.e., age 21, or up to the 23rd birthday if still enrolled as a full time student.

Applicants should return completed forms to a local commissary no later than close of business, Feb. 15, where a store official will validate eligibility by checking the applicant's dependent identification card.

Applicants must have a 3.0 grade point average and write a short essay on "What Being a Military Dependent Means to Me."

Application forms are available at the nearest commissary or can be downloaded in Word or PDF formats at www.commissaries.com. A "Frequently Asked Question" section can also be found at the website.

An independent contractor, Scholarship Managers, will select recipients on the basis of merit. Scholarship winners will be notified by April 30.

(Courtesy DeCA)

Actionline

Call 298-5351

personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle. Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation and I look forward to reading some quality ideas and suggestions.

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely per-



Col. Jack Egginton
47 FTW commander

AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Hospital	298-6311
Housing	298-5904
Inspector General	298-5638
Legal	298-5172
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810
Equal Opportunity	298-5400
FWA hotline	298-4170

Call: My question is regarding the security forces. They strictly enforce the speed limits around the base, yet I have seen them speeding numerous times for no apparent reason. Why shouldn't they abide by the same laws they so

strictly enforce? Response: Unless they are responding to an emergency, security forces are required to obey all traffic rules just like anyone else operating a vehicle on base. In the case of an emergency, security forces are re-

stricted to 10 miles per hour over the posted speed limit.

Security forces members are routinely briefed on this requirement prior to posting as a patrol person. Furthermore, security forces will only issue a speeding ticket after it has been veri-

fied by radar. Speeding tickets are not issued on visual observations. Thank you for your question and we will make every effort to remind our security forces of the need to observe all traffic rules during routine patrols.



From the Blotter

(Jan. 26-31)



■ An individual reported two people jumping the fence into the base recreational vehicle lot. An investigation by a responding patrol discovered four individuals went to the RV lot to look at a boat for sale. Two of the individuals decided to jump the fence to get a closer look. They were released after a check of the lot.

■ An individual reported the alleged theft of personal documents and money from her place of employment. There are no suspects at this time.

■ A police unit discovered a hole cut in the animal control fence and a washout underneath the fence 150 feet north of the south deer gate. A work order was initiated.

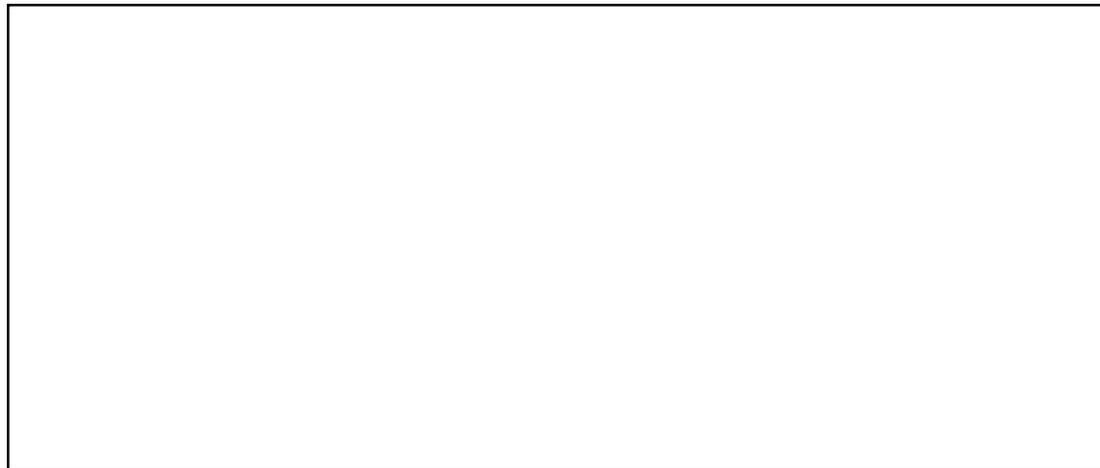
■ A vehicle struck the fence at the transportation compound after being left running and unattended by the driver. The vehicle slipped into reverse and struck the fence line adjacent to the compound.

■ Three base facilities were found unsecured by security forces patrols. The custodians were recalled and secured the facilities after a check of the inside was conducted.

Tip of the day: Parents are encouraged to monitor their children at bus stops during the morning hours. The number of children playing on the street presents a problem with early morning traffic, increasing the potential of an accident.

Safety tip of the day: Do not attempt to cross the Main Gate railroad tracks when the warning lights are on.

These lights are activated when the train hits a certain spot on the tracks and according to Union Pacific, the train could be traveling up to 60 miles per hour and cover that distance rapidly. We have had one serious accident at that location.



Question of the week

What is the significance of Black History Month?



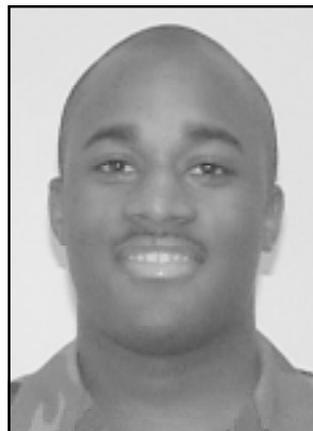
“To recognize the great achievements of African Americans in history.”

Capt. Matt Thomas
85th Flying Training Squadron



“It reminds me of how far we’ve come.”

Staff Sgt. Charles Jones
47th Flying Training Wing



“To recognize the struggle and the accomplishments of past leaders.”

Senior Airman Kasimu Greenidge
47th Communications Squadron



“To remember, ponder and recognize the achievements made by African Americans and encourage people to follow the examples of great past leaders.”

Senior Airman Rafael Taylor-Arenas
47th Contracting Squadron



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'Award,' from page 1

contracting process went smoothly and commonly working late into the night and on weekends.

"This award has been achieved by previous individuals in my squadron and I am proud to uphold that tradition and honor," said Bosarge. "This award is very significant to me and signifies that I am achieving the goals and aspirations I have set for myself."

Squadron commander Maj. Michelle Miller echoed these comments. "Michelle's initiative has earned her tremendous respect. She is a hard-charger that is well deserving of being recognized by AETC."

Bosarge will go on to compete for the same award at the Air Force level later in the year.

'Heart,' from page 1

number) is 140 or greater, and/or a diastolic pressure (the "bottom" number) is 90 or greater, or is taking antihypertensive medication. It is estimated that 50 million Americans have hypertension. It is more common in Hispanic and black populations.

Coronary heart disease is another form CVD may take and include myocardial infarction (heart attack) and angina pectoris (chest pain related to heart disease) and is estimated to effect 12.4 million Americans. Other forms are stroke (4.5 million), congenital cardiovascular defects (1 million) and congestive heart failure (4.7 million).

While heart disease can effect anyone, there are factors that make one more susceptible. Below are some of the contributing factors:

■ **Age.** As one gets older, the more likely they are to have heart disease.

■ **Sex.** Women are less likely to have heart disease prior to menopause. Men tend to have more coronary heart disease while women appear to have more congestive heart failure.

■ **Race and ethnicity.** Hispanic and Black populations are at an increased risk, especially women.

■ **Smoking.** One in five deaths from CVD is attributable to smoking. The damage results not only from smoking the tobacco products, but also exposure to environmental tobacco smoke. Second hand smoke increases a person's risk of death from CVD by 30 percent.

■ **Cholesterol levels.** Cholesterol is a chain of lipoproteins that the body uses in building cells and making hormones, but having too much cholesterol can lead to "clogging" of arteries and heart disease. The desired level of total cholesterol is 200 mg/dl. It is estimated that over 100 million Americans have levels above that. A level of 240 or greater is considered at high risk and a level of 200-239, a borderline-high risk.

■ **Low-density lipoproteins or "bad" cholesterol.** Desired levels are less than 130 and less than 100 if there is a history of heart disease or diabetes.

■ **High-density lipoproteins or "good" cholesterol.** Desired levels are greater than 35 and greater than 45 if there is a history of heart disease or diabetes.

■ **Physical activity.** Inactivity puts one at a greater risk for heart disease.

■ **Obesity.** Being overweight puts an individual at risk for many health problems to include heart disease, diabetes, arthritis. The body mass index is often used to determine if one is overweight or obese. The BMI is determined by one's height and weight. A BMI >25 is considered overweight and >30, obese.

■ **Diabetes.** Diabetes increases the risk of a heart attack or stroke 2-4 times over someone without diabetes. Diabetics that smoke increase the risk to nine times.

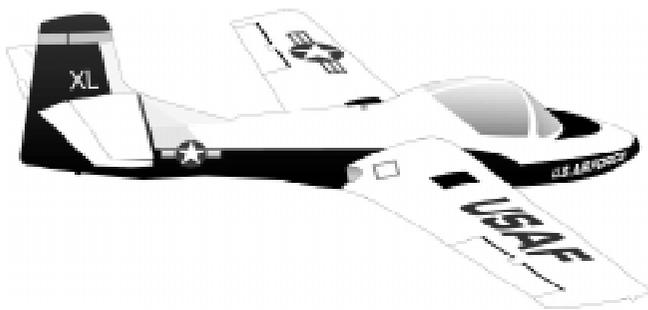
A person can't do much about their age, sex, race or ethnicity, but he or she can stop smoking, become more active, lose weight and control their diabetes. Eating a well balanced diet and exercising regularly can help maintain healthy cholesterol levels, weight, and can help control blood sugar levels for those with diabetes. Goals should be to exercise for at least 20 minutes, three times a week; maintain a healthy weight; and for those with diabetes, pre-meal blood glucose levels 80-120.

For more information to prevent cardiovascular disease, contact the HAWC at 298-6464.

Where are they now?

Name: Capt. Clayton H. Pflieger.
Class/Date of graduation from Laughlin: Class 91-12, July 1991.
Aircraft you now fly and base you are stationed at: T-37, Vance Air Force Base, Okla.
Mission of your current aircraft? Training.
What do you like most about your current aircraft? Chasing clouds.
What do you dislike most about your current aircraft? It is

underpowered.
What was the most important thing you learned at Laughlin besides learning to fly? You can have a good time anywhere.
What is your most memorable experience from Laughlin? My first T-38 solo flight.
What advice would you give SUPT students at Laughlin? You only get one chance at SUPT. Give it your very best shot!



African-American pioneers *Entrepreneur: Madam C.J. Walker*

Madam C.J. Walker was an entrepreneur, philanthropist and social activist and widely considered to be the first African-American millionairess.

Born Sarah Breedlove Dec. 23, 1867, on a Delta, La., plantation, this daughter of former slaves transformed herself from an uneducated farm laborer and laundress into one of the 20th Century's most successful, self-made women entrepreneurs.

Orphaned at age 7, Walker often said, "I got my start by giving myself a start. I am a woman who came from the cotton fields of the South. From there, I was promoted to the washtub. From there, I was promoted to the cook kitchen. And from there, I promoted my-

self into the business of manufacturing hair goods and preparations. I have built my own factory on my own ground."

During the 1890s, Sarah began to suffer from a scalp ailment that caused her to lose most of her hair. She experimented with many homemade remedies and store-bought products. Then, after changing her name to "Madam" C. J. Walker, she founded her own business and began selling Madam Walker's Wonderful Hair Grower, a scalp conditioning and healing formula she invented, which she claimed had been revealed to her in a dream.

As her business began to grow, Walker used her prominent position to oppose racial discrimination. She



used her massive wealth to support civic, educational and social institutions to assist African-Americans. Walker later died in 1919.

On Jan. 28, 1998, the U.S. Postal Service issued the Madam C. J. Walker commemorative stamp, the 21st in the Black Heritage Series.

Safety belts save lives – so buckle up!

Chapel Schedule

Catholic

-**Saturday Vigil Mass** 5 p.m.

-**Sunday Mass** 9:30 a.m.

-**Confession** by appointment.

-**Choir** 6 p.m. Thursdays.

-**CCD** 11 a.m., Religious Education Building.

-**Little Rock Scripture Study** 11 a.m. Sunday in Chapel Fellowship Hall.

Jewish

Max Stool, call 775-4519.

Muslim

Dr. Mostafa Salama, call 768-9200.

Protestant

-**General worship** 11 a.m.

- **Women's Bible Study**, 12:30-2:15 p.m.

Wednesday at Chapel.

Student Wive's Fellowship 7-9 p.m.

Monday; call 298-7365.

-**Sunday school**, 9:30 a.m. at the Religious

Education Bldg.

-**Choir**, 7 p.m. Wednesday at Chapel

Chapel Youth Group

-Sunday, 5 p.m. Chapel Fellowship Hall

Chapel staff

Chaplains

Maj. C. Jeffery Swanson

Maj. Frank Hamilton

Capt. Larry Bailey

Capt. Richard Black

Chaplains' Assistants

Tech. Sgt. Donald Williams

Senior Airman Diana Beauvais

Airman 1st Class

Christina Deutsch

"God loves you and we do too."

For more information on chapel events and services, call 5111.

The XLER

Hometown: Gallup, N.M.

Family: Wife, Letty; two daughters, Melissa and Anjenette and their kids.

Time at Laughlin: Since 1970.

Time in service: 31 years

Name one way to improve life at Laughlin: It has improved a lot since I have been here. However, it is time to build a new billeting facility.

Greatest accomplishment: I'm retiring this summer.

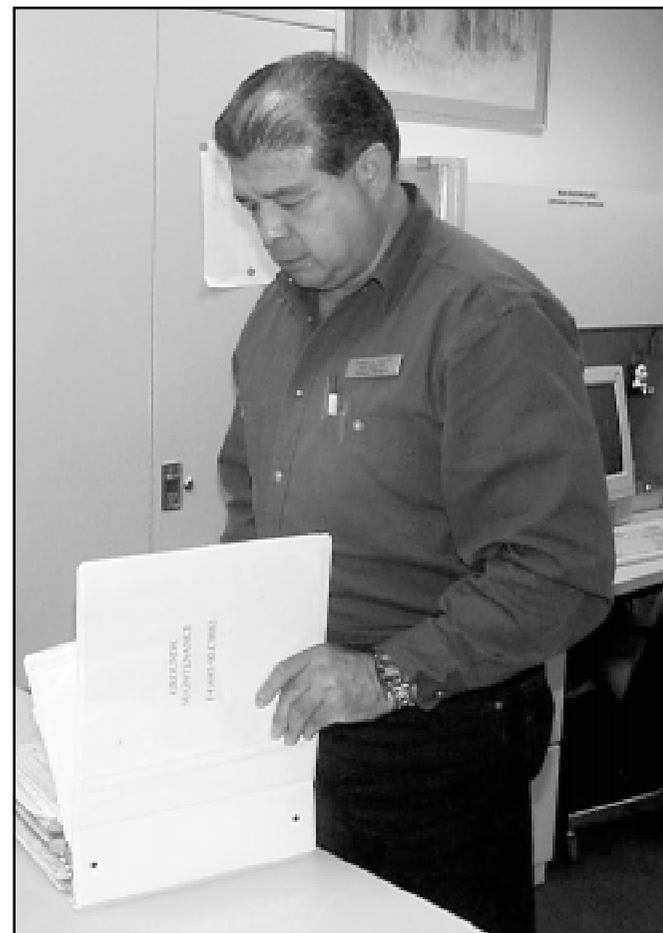
Motto: Get it done ASAP.

Favorite beverage: Citrus fruit juices.

Favorite food: Home-cooked Mexican food.

Hobbies: Computers, taking photos and making videos.

If you could spend one hour with any person, who would it be and why? My father and his wife. They passed away in a car accident when I was 16.



James Suarez
47th Civil Engineer Squadron

Please recycle this newspaper.



'Success,' from page 2

knew I was in trouble the first day in leadership lab when the auditorium was called to attention for the entrance of the ROTC cadre. Everyone leaped to attention, so I leaped up too, wondering what was going on, spilling my textbooks noisily in every direction.

My scholarship didn't pay for room and board, and my summer job money didn't last long. After being forced to eat the only thing in my kitchen cupboard, rice and peanut butter, eating balanced meals took on great importance for me, and I found a part time job to help with the bills. By this time, I had begun to rethink my ideas about success, and survival started to seem like a pretty high achievement. I had no intention of starving or being sent back home in disgrace.

Somehow I got the hang of it, changed majors, and earned my diploma and a commission as a distinguished graduate. I went on

to be recognized above my peers in the early years of my career and set my sights on being a general officer. I was a hot shot again and headed straight for the top. Rank, privilege, respect, a top salary, all would be mine, and my definition of success was again redefined.

So far, I've been successful with my work here at Incirlik and managed to keep the family together as well. Now the challenge is to balance my demanding jobs as a squadron commander, wife and working mother of a 1-year old and a 3-year-old. I've been competitively selected to be a squadron commander. I have two beautiful kids and a loving, supportive husband. I must be successful, right?

But as any working parent, especially a mom, can tell you, seeking the balance between career and family is a constant journey and whatever you do is never good enough.

There are simply not enough hours in the day to be perfect in all those roles. Each is a full-time job in it-

self. Some days I feel like a total failure. The boss is mad, a suspense was missed, my staff is upset with a decision I made, and my husband and kids are disappointed (again) because it's after 7 p.m. and I'm still not home with them.

Although I often slowed down to address the current situation, the challenge of the moment, there was continuous momentum toward improvements in my abilities, rank, status, financial situation and family situation.

Am I successful? Yes and no. I make enough money to live comfortably and put a little away each month. I work with good people and give my best effort every day doing work I feel makes a difference.

And every single day, I go home to a husband and kids who love and need me unconditionally – despite what I did or didn't do at work.

No, I'm not there yet, but I feel I'm on track and moving in the right direction. Like everyone else, it's a work in progress.

(Courtesy AFNEWS)

have to do with my decision continue serving our country in the U.S. Air Force? Having previously contemplated a civilian career in anesthesia, I came back from the gulf with an enormous sense of team accomplishment. Our clinic weathered novel difficulties and ultimately contributed to the success and welfare of our aircrews and support troops. More importantly, our squadron, provisional wing, Air Force and nation deployed with firm resolution; working together, we successfully achieved our military objective, defeated our adversary and brought a semblance of regional stability.

The lessons for today? Clearly, we at Laughlin are not waging war against anyone. But we do wage a daily campaign replenishing the talent and strength of the Air Force. Each day, some 300-plus flying events occur. Each of these sorties strengthens our force so we can better engage with our allies and potential adversar-

ies. Like my small clinic in the gulf, we have daily opportunities to make a difference.

Together, we can improve the flying mission and the lives of Laughlin members and their families. This team building has great meaning and worth, as we take the extra time helping a new accession with their pay, serving a good tasting meal, comforting an ill child or clarifying a flying procedure for a student. This is how we build community, strengthen the Air Force and feel good about our contributions as patriotic citizens.

Having recently turned down a lucrative civilian job, I can guarantee you that our continued service requires sacrifice and moral courage, both for individuals and their families. However, the personal rewards and satisfaction are great, as one looks back on years of service.

Our country still calls men and women who are needed to aid and support her. I encourage and challenge you to continue listening to that call.



Photo by Staff Sgt. Reginal Woodruff

Back in business!

Anne Marie Limas, family member, browses through the base Thrift Shop at its Grand Re-opening Feb. 2. The newly remodeled Thrift Shop features an extra room to house and display more merchandise.

Smokeless tobacco causes tooth decay

Chew, dip, pinch or snuff – no matter what you call it, smokeless tobacco is bad news.

The whole look of using smokeless tobacco is bad – from the bulge in the cheek to those brown stained teeth. Smokeless tobacco can empty a person's wallet and trash his or her looks:

- Using a can of snuff can cost up to \$1000 a year!
- Sugars (used to make the tobacco taste better) cause tooth decay.
- Sand and grit in the tobacco act like sandpaper and wear down teeth.
- Tobacco can irritate gums, causing them to pull away from teeth (also known as gum recession), which not only looks bad but also can leave a people with teeth that hurt anytime they eat or drink something hot or cold.
- Irritating one's gums can

lead to gum disease, bleeding gums, bone loss and bad breath.

Then, consider the effect smokeless tobacco can have on a person's body. Just like cigarettes, smokeless tobacco contains nicotine, a chemical that causes one to crave tobacco. Nicotine also increases heart rate and blood pressure, which can put a person at risk for heart disease later in life.

One pinch of tobacco is loaded with other chemicals too – up to 28 cancer-causing chemicals have been found in smokeless tobacco. These chemicals cause changes in the cells that make up oral tissues (gums) the lining of cheeks, tongue and lips – changes that could lead to oral cancer.

Signals that a person may be laying the groundwork for oral cancer include:

- Any sign of irritation, like

tenderness and/or burning.

- A developing sore, usually at the spot where someone keeps the tobacco.
- A leathery, wrinkled or bumpy patch inside the mouth.
- White or grayish patches inside the mouth.

A person should see his or her dentist immediately if they notice the aforementioned symptoms taking place in their mouths.

People who do not use smokeless tobacco, should never start. If a person is a user, he or she should quit immediately.

For more information on this subject, call the base dentists at 6331.

For more information on Tobacco Cessation Classes, call the Health and Wellness Center at 6464.

(Courtesy 47th Medical Group)

10 things not to put on a classified computer

- Classified, for official use only or unclassified sensitive information.
- Department of Defense contractor proprietary information.
- Privacy Act information.
- Sensitive mission data, such as unit capabilities or performance.
- System capabilities, vulnerabilities, concept of operations, architectures.
- Social Security numbers.
- Home address.
- Date of birth.
- Detailed family members information or photos.
- Itineraries.

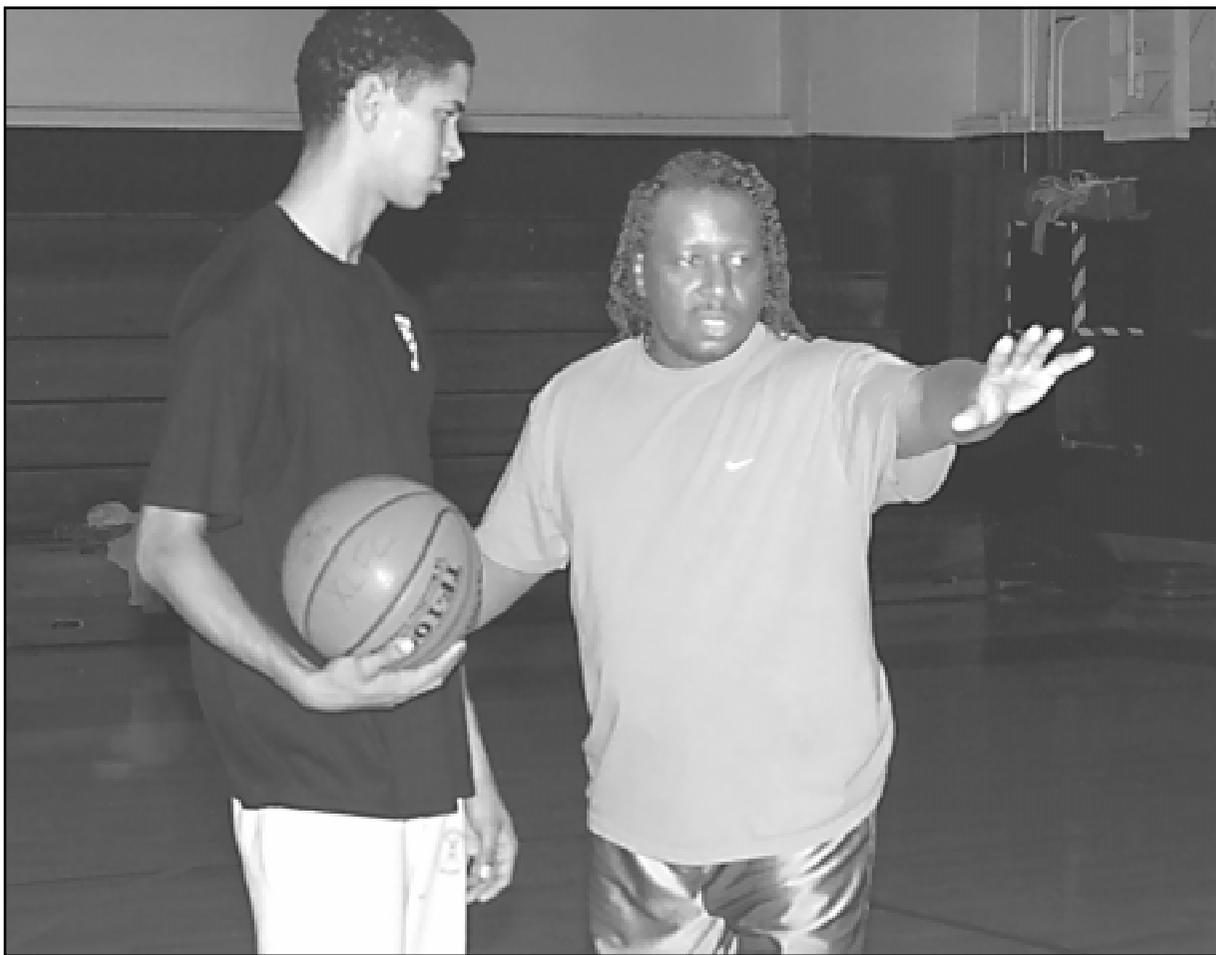


Photo by Staff Sgt. Reginal Woodruff

R.B. Robinson gives basketball instruction to Airman Ray Dunklin, 47th Civil Engineer Squadron, during a morning workout.

Sharing love: Player-turned-coach teaches more than Xs, Os of basketball

By Staff Sgt. Reginal Woodruff

Public affairs

“Simply my love for the game.” Those words could be considered a play on the slogan used in the advertising campaign of the National Basketball Association, which features high-paid athletes and celebrities declaring their love for basketball.

However, those were the words of R.B. Robinson, a retired Air Force noncommissioned officer, whose voice cracks and eyes water when he describes his 30-year love affair with basketball. A relationship full of experiences that he hopes will help younger people realize their hoop dreams and learn a little something about life.

“I started playing basketball in the Air Force at Luke Air Force Base, my first duty assignment,” Robinson recalled. “It wasn’t long after that, that I was selected to go all-Air Force, but because of an assignment to Thailand, I didn’t join the Air Force team. I played Air Force and semi-pro ball

in Europe, Germany, Spain, Italy and Greece.”

Greece proved to be one of the highlights of Robinson’s life. There, he averaged 36 points per game, was selected to an international team and met legendary NBA players—Oscar Robertson, Earl Monroe and Maurice Lucas.

Eventually the years and countless games wore on Robinson’s body, particularly his knees—both of which he has had arthroscopic surgery on to repair damaged cartilage. Instead of hanging up his sneakers and turning his back on the game, he turned his attention toward coaching.

“When I first started coaching, I was still playing,” said Robinson. “I coached a women’s team to the Mediterranean Sports Conference and the United States Air Force Europe basketball championships. It was gratifying to see the respect that women had for the game.

“I’ve coached other teams since then and even coached the base team here for one season, but I didn’t get the commitment I needed from the players,” Robinson continued.

Since then, he has turned his attention to individual coaching, working with anyone who asks for help. “Right now, I work regularly with two young men, (Airman 1st Class) Sean Campbell (47th Medical Group) and (Airman) Ray Dunklin (47th Civil Engineer Squadron),” said Robinson. “They’re up and at the gym early, working hard and showing a lot of desire to get better. When I’m working with them, I try to let them know

“He has given me a different perspective to play from and a more fundamentally sound game.”

Sean Campbell
47th Medical Group

there are a lot of important things you can get out of the game of basketball.

“If you have a goal to become a better basketball player, realistically, you’re not going to achieve that goal unless you spend time on the basketball floor sweating hard, running and listening. That takes discipline—the same discipline it takes to run your life on a day-to-day basis,” Robinson explained while lightly pounding his fist on a table.

The obsession that set him apart as a player now motivates his pupils, and it helps others to understand why in retirement he gets up early, stretches his aging muscles and applies cream to his swollen knees to teach basketball for no pay.

“R.B. has a deep love for the game and a lot of knowledge to give to others,” said Campbell. “I respect him and the fact that he is willing to share his knowledge. He has given me a different perspective to play from and a more fundamentally sound game. He helps my confidence immensely by showing me what I am good at on the court.”

“He takes the game and training very seriously and he puts his whole heart into it,” added his wife, Tech. Sgt. Sheri Robinson, 47th Mission Support Squadron. “The same passion he had in his younger days, he has now. It disappoints him when he coaches others, and they don’t show the same passion he does or they don’t execute during the games.

“He enjoys teaching others (young and old) the fundamentals of the game and helping players to enhance the skills they already have,” she continued. “His repayment right now is to see people put into action what he has taught. His dream is to work as a coach. With his enthusiasm, experience and winning attitude, any organization or institution would be fortunate to have him.”

To his credit, Robinson has coached nine teams (male and female) to championships and served as a director for several youth sports activities. He coordinated efforts to get NBA players to participate in a summer basketball camp and has attended basketball clinics of head coaches from the University of Louisville and Virginia Tech University.

Modestly, he credits his players for his coaching success, saying, “As a coach, I don’t make or miss shots. I can talk, but players have to listen and execute.” He also credits his family for supporting him and sacrificing time to allow him to continue his relationship with his first love.

OSC auction

The Officer's Spouses Club is sponsoring a Military Art Auction and exhibition Feb. 17. The exhibition begins at 6:30 p.m. at Club XL. The auction begins at 7:30 p.m.

For more information, call Joline Davidson at 298-3177.

OSC cookbook

The Officers' Spouses' Club is putting together an OSC cookbook and needs recipes.

Submissions for recipes can be sent to Elizabeth Selkey at ecvcpasjr@msn.com or dropped off at 9090B Lawhon by Thursday. The OSC is also taking pre-orders for last year's cookbook.

Those interested in submitting recipes or placing orders, call Elizabeth Selkey at 298-7666.

ALS graduation

Airman Leadership School Class 01-1 will graduate Tuesday at 7:30 p.m. in a ceremony at Club XL with cocktails being served at 7 p.m.

For more information, call 5456.

BHC Scholarship

The Black Heritage Committee is offering two scholarships of \$250 and \$150 for all military members E-4 and below assigned to Laughlin. Members must be registered at an accredited college, university, vocational school, or junior college.

Scholarship applicants will be asked to complete a 500 word essay on the topic: Why is it important, we as a nation, celebrate Black History Month? Deadline for submissions is Feb. 21.

For more information, call Cedric Pickett at 298-5427, Bobbi Clark at 298-5608, or Roslyn Battle at 298-5620. Email or hand carry essays to the above named personnel.

Cub Scout car wash

Cub Scout Pack 204 will be holding a car wash Feb. 17 from 10 a.m. to 2 p.m. at the base exchange.

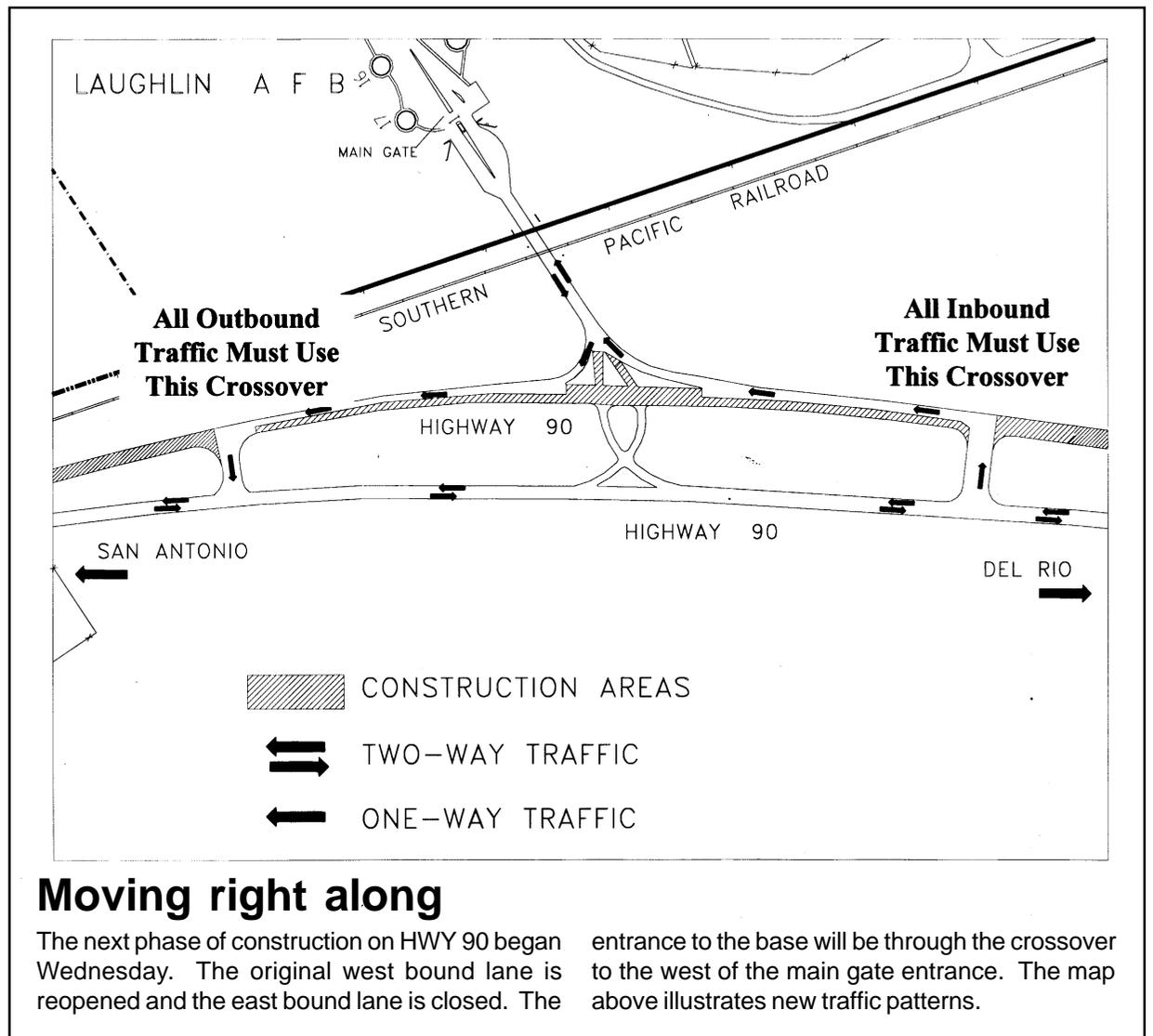
For more information, call Michele Smith at 298-7806.

Tricare phone line

The Health Care Information Line provides a 24 hour, seven day a week medical service information. The number for Laughlin's is 1-800-611-2875.

Telephone survey

As part of a program to measure the impact of Air Force strategic communication efforts, a commercial research firm is conducting a telephone survey of people at Laughlin. The survey is gathering information about members' and civilians' perceptions of the Air Force. To help make



this survey a success, employees are encouraged to cooperate if chosen for the survey.

For more information, call Steve Everett at DSN 227-4065.

Disabled Veterans meeting

The Disabled American Veteran Chapter 53 will be meeting Feb. 20 at the Veterans of Foreign Wars Post #8552 on 1st St. at 4 p.m.

For more information, call Carolee Sommers at 768-3448.

Planted trees

In early January, 147 trees were planted in yards throughout Military Family Housing. Flyers were delivered to tree recipients. If a tree was planted in your yard and you did not receive a flyer, call Pat Lunn at 298-5247.

Supply block training

The Supply Block IIA (Bench Stock Management) training will be held Monday from 3-4 p.m. in Room 110 of Bldg. 77. Supply Block IIB (Repair Cycle Management) training will be held Tuesday from 3-4 p.m. in the Support Group conference room of Bldg. 77. Supply Block III

(Equipment Management) training will be held Feb. 21 from 3-4 p.m. in Room 110 of Bldg. 77.

For more information, call Steven Rosalez at 4225 or send an email to Steven.Rosalez@laughlin.af.mil.

No trespass area

The Combat Arms firing range is a no trespass area. It is illegal to trespass and dangerous as well due to weapons firing.

Anyone with a valid reason to enter the firing range area should call Tech. Sgt. Keith A. Hellwig at 5151 or the security forces law enforcement desk at 5100.

Tobacco cessation course

The next Tobacco Cessation Course begins March 6. Classes will be held on Tuesdays at 10 a.m. and 4:30 p.m. in the Health and Wellness Center.

For more information, call Tech. Sgt. Ray Fernandez at 6463 or 6464.

Park University registration

Park University will hold registration for its Spring Term Feb. 26 through March. 16

For more information, call 5593 or 298-3061.